

# CANDo®

## Multi-Grip™ Exerciser



The CanDo® Multi-Grip™ Exerciser allows for unlimited exercise options to perform high impact upper and lower body exercises.

- Easy grip loops allow for unlimited exercise options
- Each exerciser contains both large and small loops. Use small loops as anchor or for finger exercises
- Loop around hands and feet to perform high impact upper and lower body exercises
- **Cloth exerciser contains no latex, no scent, and no powder coating**
- Can be washed and dried
- Easily change resistance by moving 1 loop up or down the exerciser, or using a different resistance
- Progressively exercise with 8 different color-coded resistance levels available in the Preferred Colors® sequence
- Available in 9-loop (6 ft. exercisers) and 135-loop 15 exercisers (30 yd. rolls)



active closed grip



passive open grip



no grip required











add resistance to specific activity

### 9 loop (6 foot) exerciser



### 30 yard roll, 15 exercisers



		9 loops, 6 foot exerciser	9 loops, 6 foot exerciser (24 ea)	135 loops, 15 exercisers 30 yard roll
	xx-light	10-6600	10-6600-24	10-6610
	x-light	10-6601	10-6601-24	10-6611
	light	10-6602	10-6602-24	10-6612
	medium	10-6603	10-6603-24	10-6613
	heavy	10-6604	10-6604-24	10-6614
	x-heavy	10-6605	10-6605-24	10-6615
	xx-heavy	10-6606	10-6606-24	10-6616
	xxx-heavy	10-6607	10-6607-24	10-6617



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